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Are you a Waste Wizard?

Learn about Dysart's new online game on page 2.

Confessions of a musher

Darren Lum shares his new experiences at Winderdance Dogsled Tours on page 3.

Maybelle's Fireside Stories

Do something spectacular this week! Read Maybelle's column on page 5.

A nuthatch gets ready to take flight. /Submitted by Tammy Nash

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Test your recycling knowledge

Are you a waste wizard? Put your knowledge to the test by playing the Municipality of Dysart et al's new waste sorting game! Visit www.dysartetal.ca/wastegame to play this free, interactive game!

Test your waste sorting expertise by dragging over 110 items into the correct bin. After each level of the game, users add fun items to a digital park. And after completing the fifth level of the game, you can print a certificate of achievement. The background of the game includes local Dysart landmarks. Each time you play the game, the items to be sorted change.

The waste sorting game can be played online using computers, laptops, and mobile devices (smartphones and tablets). Just go to www.dysartetal.ca/wastegame.

"Dysart is so excited to launch its new waste sorting game," said John Watson, Dysart's environmental manager. "The game is a fun way to encourage everyone to recycle right, which in turn makes our waste management programs more effective by capturing correct items for recycling, decreasing contamination, and reducing costs."

Are you a waste wizard? Put your knowledge to the test by playing the Municipality of Dysart et al's new waste sorting game! Visit www.dysartetal.ca/wastegame to play the free, interactive game.

The waste sorting game was developed by ReCollect Systems Inc., a division of Routeware. ReCollect Systems is also the developer of Dysart's Waste Wizard www.dysartetal.ca/wastewizard and the Haliburton County Waste Wizard mobile app for Apple and Android devices.

While game play is anonymous, behind-the-scenes, Dysart staff can access aggregate metrics detailing number of game plays, number of completed games, average game completion time, and number of certificates printed. In addition, Dysart staff can determine which materials were frequently sorted correctly or incorrectly, which can inform future, targeted promotion and education efforts.

Dysart's waste sorting game is part of a multi-month public awareness project, "Recycling Is Easy!" funded by the Carton Council of Canada.

"The Carton Council of Canada is pleased to support the launch of Dysart's innovative, entertaining and educational waste sorting game," said Isabelle Faucher, managing director of the Carton Council of Canada. "The game is an element of Dysart's "Recycling Is Easy!" public awareness program which is funded by the Carton Council. The goal of the game and the campaign is to encourage positive and productive ways we can work together to achieve better carton recovery and recycling."

In Dysart, empty food and beverage cartons go in Recycling for Containers. Acceptable types of cartons include shelf-stable cartons for juice, milk, soy and grain milk, and soup and broth, and refrigerated cartons for milk, juice, cream, egg substitutes, soy and grain milk.

Submitted by the Municipality of Dysart et al

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County Life

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All inserts are to selected distribution areas.

For information on how your flyer can be inserted each week in County Life please contact Melissa Armstrong at **613-332-2002** or **melissa@haliburtonpress.com**

Don't despair, SIRCH repairs

Terry Craig fixes a pocket watch at SIRCH's first Repair Cafe of 2023 on Sunday, Feb. 12 at the SIRCH Bistro. Community members were able to bring in clothing, electronics, ceramics and glassware, and appliances to be fixed free of charge by volunteers from 10 a.m. to 2 p.m. The next Repair Cafe will take place in March. Follow SIRCH Community Services on social media for updates. /VIVIAN COLLINGS Staff

Rowyn Foster spent the day trying out 3D drawing at SIRCH's first Repair Cafe of 2023.

Confessions of a middle-aged new musher

DARREN LUM

Special to *County Life*

Winterdance Dogsled Tours' guide Greg Daniel drives his sled led by dogs, Stark and Thor during a half-day tour on Jan. 31 in Haliburton. Former editor of the *Echo*, Darren Lum has been part of the action as a dogsled guide, finding joy in his new occupation. See winterdance.com for information about booking. Submitted by Winterdance Dogsled Tours (Courtesy Darren Lum Photography)

I'm a musher and proud of it.

I love my new job with the family-run, Winterdance Dogsled Tours of Haliburton.

As a person who brought passion to a 23-year journalism career steeped in love for story-telling, this is a significant statement. All of it was fulfilling. It all started with a love to satisfy my need for curiousity, and for story-telling. It eventually included the satisfaction of being able to give back to the people and the community I called home. Such a purpose cannot be underestimated.

Like everything, all good things come to an end.

After writing about others, giving people a voice, it was time for me to write a narrative where I was central to my own story.

This past autumn I ended my career as an editor of the *Haliburton County Echo*, the *Minden Times* and *County Life*. Even if readership seemed to be a little perplexed by my dramatic switch from desk jockey to sled dog guide, I was confident with this new direction.

With my pre-existing relationship with Winterdance founders, Hank DeBruin and Tanya McCready from my experience writing about and photographing their tours since they started close to a quarter of a century ago, I knew there was an opportunity to take my passion for the outdoors to something new this winter.

They were open to my middle-age limits and potential to be part of the history of dogsled guides who have been part of their legacy of great adventurers.

I welcomed the change. To leave behind my smart phone, my deadlines, hours of daily desk time, which left me with pains of being cramped in a single position. Hello to the sun, the crisp winter air, and the lick of a dog, happy to be alive. Check that ... dozens of dogs on a given day.

It's amazing. Getting to see the weather change through the course of a day, the beaming bright smiles on people who experience dogsledding (and some snow) for the first time, and to feel the nuzzle of a wet nose on your cheek on a frigid day is warming to the face and heart.

There's no denying the hard work required related to dogsledding.

I knew this much before working with Winterdance: guide work comes with demands.

The kind that require interactions with clients, working out challenges on the fly, enduring all kinds of weather with a smile and a helping hand for dogs and people.

Other duties and physical demands includes lifting and carrying dogs, which can weigh as little as a few dozen pounds to several dozen at the kennel and trailhead, whether carrying them from the truck or to the sled and back again to the truck after tours for the return to the kennel, carrying five gallon jugs of water each day several times to bring water to the dozens of kennel pens, the near 20,000 steps we walk during the busiest tour days when we leave and return home in the dark, and there are the mental gymnastics you do when you start a new line of work. After two dozen years in one line of work, it was easy to forget how difficult doing a new job can be. Needless to say, those first few several weeks, I didn't have trouble sleeping.

At the heart of everything at Winterdance is a passion for life and prioritizing the well-being of the dogs.

Canine care is the prevailing subtext behind everything at Winterdance. This means exhibiting compassion and patience with the dogs. This means giving love, as if I was one of the Winterdance family, which includes past veteran guides, and the children of the owners, Logan, Dustyn, Michaela and Jessica. This means opening my heart to all the dogs who will never know another home, which is the Winterdance practice to keep all their dogs for their entire life, regardless if they're retired or show disinterest in running.

As someone who had a dog for close to 12 years (with a two year absence), I never realized how much love I have for dogs until after the first several weeks working with them. They know who is there for them. They know how to melt your heart when your life is a mess.

It lives inside all of us. That yearning for something that touches the heart. It's there, and I couldn't deny the calling that would meet my soul.

Life is better outside.

There's nothing that compares to fulfilling this mantra than as a musher.

Listen to the dogs bark. Hearing their yelps of excitement and see them jump a couple feet in the air in anticipation of pulling a sled that carries the dreams of visitors from around the world to just down the road, it's easy to see they were born for this. It's impossible not to be excited by this spectacle minutes before all the dogsled teams go out for a tour, taking advantage of the close to 2,100 acres of Winterdance property.

Being a dogsled guide was never a dream of mine, but now that it's a reality I couldn't be happier. Even when my entire body is fatigued. I smile through the discomfort because my heart is full.

Winterdance Dogsled Tours' guide Craig Anderson receives a surprise lick from Auz during hook-up before a half-day tour on Jan. 31 in Haliburton.

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Naturally Yours

Whodunit? Release your inner detective

RICK WHITTEKER
Special to *County Life*

Deer browse leaves a torn look to the end of a branch. /Photos submitted by Rick Whitteker

I have been asked to do the impossible during my work as a guide: guarantee a wildlife sighting. Beyond the zoo, in nature there are no guarantees.

However, what I can guarantee is evidence of wildlife. The instinct to survive: to eat, to not be eaten and to reproduce usually leave behind bits of evidence. There are easily recognizable signs like a beaver lodge or woodpecker holes. Other evidence of wildlife is a more subtle, posing a tougher mystery to solve.

Each season presents different survival challenges for wildlife. For example, in autumn, in preparation for winter, mounds of conifer cone scales appear, accumulating on almost every elevated or covered location in my backyard. On winter walks, similar piles can often be seen on mossy stumps close to coniferous trees. These piles, called middens, are the compost piles of a red squirrel restaurant. Like all prey species, these chatty rodents are wary and naturally pick elevated locations to eat, preferring to dine with a view!

The red squirrel covets the tiny conifer seed, a small nugget of nutrients at the base of each cone scale. This seed develops only after the male cone releases pollen, fertilizing the seed in the female cone. Anyone living around a concentration of white pine trees will see a dramatic exhibition of this in late spring. Like tree top chimney smoke, plums of pollen are released by male cones on breezing days. This pollination process leaves puddles and shorelines (also vehicles and barbeque covers) coated with a fine film of light green pollen dust.

Old bird nests can be easily observed through the bare bones of winter forests. So what is that messy, spherical clusters of leaves in the forest canopy? Not to be mistaken for stick nests of raptors or ravens, these are squirrel nests called drays. Preferring tree cavities for nesting and winter intermittent torpor, drays are plan B for squirrels if there are no premium tree cavity sites available.

Built on a foundation of small branches and twigs and using dried leaves as insulation, drays have cosy interior cavities lined with soft materials like moss, thistle seed fluff, dried grass, and fur. One or two squirrels will curl up like nestled earmuffs, using their bushy tails as a duvet to keep them warm. All they need is mood lighting … but I digress.

On the ground, you may find deep ruts in the snow leading to conifer stands. Called yards, deer group up to share body heat. Furthermore, by gathering under a blanket of snow caught up in the branches of coniferous stands, shallow snow depth gives the advantage to deer who flounder in deep snow when trying to avoid predation.

It is near these yards and deer trails that you will see shrub and sapling branches with tips that are ragged and torn. This is deer browse. The configuration of the deer skull will tell you the reason behind this unique browse. The upper palate of the mouth has only molars at the back and no teeth at the front. The lower mandible has molars and incisors. Gripping the branch between the flat upper jaw palate and the incisors of the lower jaw, the deer abruptly twists its head. The leaf bud at the branch tip is effectively torn away leaving a ragged looking end.

Porcupines, other rodents and lagomorphs (rabbits and hares) leave a clean 45 degree cut when browsing, resulting from a set of sharp incisors on both the top and bottom jaw.

Shredded tree trunk bark is a mysterious discovery. Surprisingly, deer and moose occasionally will strip bark off trees to obtain the nutrients from the cambium layer. Due to their jaw and teeth configuration noted earlier, this feeding behaviour will always start from lower on the trunk, peeling the bark upwards in uneven strips.

If these scrapping marks on the tree bark appear to go both up and down, it could be the aftermath of an ungulate antler rub, likely deer or moose. In the early fall, the soft velvet covering on the male's antlers starts to dry up and crack in preparation for the fall rut. These rubs, typically on small trees or saplings, removes the velvet and buffs up the antler. Acting as both a sensory and olfactory indication of a buck's vigor and dominance, these antler rubs will attract the attention of any does in the area.

Patterns of three or four small round marks are commonly found imprinted into the smooth bark of the American beech tree. These are black bear claw marks. Etched into the bark while climbing, black bears seek beech nuts before they drop to the ground in the fall. Like the burdock seed, a bristly husk protects the three-sided nut which is comprised of 20 per cent protein and 50 per cent fat. This pre-hibernation fattening food is now in short supply for bears and other wildlife as beech bark disease continues to kill many of the beech trees in our region.

Often our forest walks will leave us disappointed with the lack of wildlife sightings. Generally, wildlife is wary of people and our presence is detected well before we arrive because we are noisy creatures with a strong odour. However, pay close attention on your walks and you will spot evidence of wildlife activity. Like a game of Clue, you can test your nature detective skills by solving the mystery of "whodunit?"

A red squirrel midden of cone scales.

Do something spectacular!

Maybelle's **Fireside stories**

WHY, IF OL' Maybelle didn't wake up this morning with a dream still lingering in my head, don'tcha know. There I was, in an elevator, writing in big scrawl on the back wall: DO SOMETHING SPECTACULAR!

Yep … do something spectacular!

Now, when I think of spectacular, I think of something big and, well, spectacular! Something that's stand-out beautiful like a spectacular sunset. Or a spectacular production of Rogers and Hammerstein's musical, *Carousel*. Or a big fat spectacular diamond ring.

So, I got to thinkin' … in my dream, I was standing in an elevator. Hm, an elevator. You take that word apart and you get: elevate – her. Holy moly, I think my subconscious was trying to tell me something. Something about elevating myself by doing something SPECTACULAR!

Now, you may be thinking, ol' Maybelle writes a column, so she's probably making this up, like it's fiction or something. Well, dear reader, this really happened. I did dream exactly what I just told you, which was a total surprise to me, because my dreams are usually pretty sticky with crazy images and wacky mazes and the like. But, this dream was different. This was the first time that I dreamed a big fat call to action to do something beyond my bailiwick. Something spectacular, don'tcha know.

Now, at my age, this is a puzzlement, being a wizened apple doll and all. I mean, what kind of spectacular am I up to conjuring? Does it have to be a BIG spectacular? I mean, at my age, it feels spectacular just getting out of bed in the morning. Just, bending over to pick up my shoes and not having my back go into spasm. No, ol' Maybelle needed some answers and quick!

So, I consulted the only wizard I know – Google. I typed in: Do something spectacular. And what came up on the magic screen? A full-length documentary on Vimeo about Timber Lake Playhouse, the oldest summer stock theater in rural Illinois.

Why, if I didn't click on the link and watch it. The whole awe-inspiring thing. Well, I'm not going to go into detail here, but I will say, 'ol Maybelle heartily agrees with Google – the quality of the shows put on by this incredibly dedicated troupe of young folks was *spectacular*!

Now, after watching, *Do Something Spectacular*, the call to action grew so top of mind that I grabbed my trusty Staedtler pens and watercolour paper and drew a picture of it – a young woman (that's me in my robust imaginings) standing at the back of an elevator writing in great big scrawl on the wall, those three magic words. Yes, I needed to get it on paper so that I wouldn't forget it.

Then, it crossed my mind that the thing that may have triggered ol' Maybelle dreaming that dream in the first place, was a little video clip that my old friend, Clive Withersplintzer, had posted on Facebook earlier that day.

There he was riding on a camel's back through the Sahara Desert, don'tcha know. Yep, it was Clive alright riding with some other bucket-listers, on camels' backs being led by some guides.

I'm telling you, my jaw dropped open like a broken glove compartment. The vistas. The seemingly endless sand as far as the eye could see. No mountains. No trees framing it all. Just space that went on forever. Just sky and sand and me looking at it feeling free of anything remotely familiar. Of any limiting structures and policies and rules and politics and traffic and noise. Feeling as small as a piece of sand and as expansive as space itself. Yes, 'ol Maybelle was so enraptured by the sight of it all that I felt like I was right there. And that feeling … that was SPECTACULAR!

Now, while I'm waiting for my call to action to become clear, I find that just thinking about doing something spectacular makes me feel good, and more observant. I'm realizing that it doesn't take bells and whistles to make me appreciate doing something that most often isn't considered spectacular, primarily because it's a quiet thing – like acts of kindness that are anonymous. Yes, I could do that. Now, THAT would be spectacular.

Maybelle's Fireside Stories is written by Jerelyn Craden. "Maybelle's Cure for What Ails You," 21 of Maybelle's best short stories is now available at www.amazon.com.

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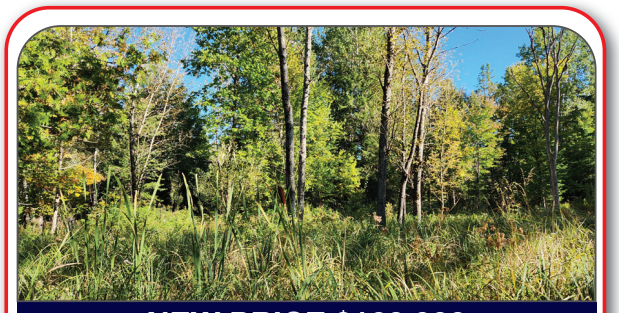

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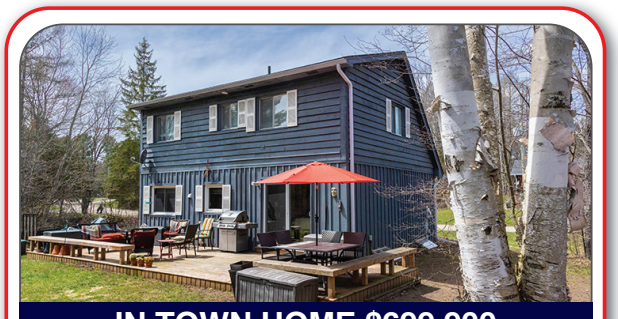

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Send your letters to the editor to vivian@haliburtonpress.com. Letters must be signed and include a phone number.

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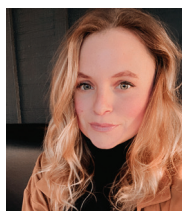
To sleep or not to sleep

SOME OF the targeted ads I get the most are for sleeping suggestions. They say that you get targeted ads on social media because your phone picks up on conversations you have throughout the day, and beyond the weather, I am sure the thing I talk about the most is sleeping.

Therefore, I am inundated with ads for valerian teas, weighted blankets, and stickers you place on the bottom of your feet that apparently guarantee eight restful hours.

I have tried some of these suggestions already, plus a plethora of others over the years. You see, I have always struggled with sleep. As my mother will gleefully share, my sleeping problems started the moment I was born. I was that baby that needed to be driven around the block at midnight to stop my wailing. I needed a fan running, lights perfectly dimmed, and a room temperature of 17.5 degrees celsius.



EMILY STONEHOUSE
County Life Staff

As I grew older, I have memories of trying to fall asleep as a child, only to result in a full night of tossing and turning. My brain seemed to wake up the moment my body wanted to fall asleep. This only increased as I aged. I started to spend the night looking back at every interaction I had through the day; sometimes recalling distant memories that were crushed into the crevices of my brain, only to spring out as the moon rose.

Why do we need sleep? There are mixed reasonings for the science behind sleep. Some say it is utilized as a literal "reset" button for our bodies and minds. Others argue that the primary reason for sleep is to lower stress levels and anxiety. It is also proven to improve your immune system, and balance your hunger cues.

And of course, everyone needs a slightly different amount of sleep, with newborns needing nearly 17 hours a day, school age children needing 12, and adults needing seven or more.

Like everything else, Millennials are changing the nature of sleep and sleep patterns. In a recent survey, it was observed that Millennials have actually been identified as the generation who actually "sleep" the most; a discovery that was credited to the knowledge Millennials have about the importance of sleep. It was noted that they often go to bed earlier than their Gen X counterparts, and rise earlier to complete tasks like working out, reading, or meditating.

While this all sounds well and good, in a different study, Millennials were identified as "the sleepy generation." While they may be going to bed earlier, they often spend time scrolling on their phones; exposing not only blue light to vulnerable sleepy eyes, but also all the information, world news, and access to communications right before bedtime - a medley of swirling thoughts to carry through the night.

It was also noted that Millennials have muddled relationships with alcohol, caffeine, and food right before bed, resulting in additional challenges when it comes to a deep, well-rested sleep. We are also the generation who believes we need to earn our rest, instead of deserve it, which is complicated for many.

Millennials aren't sleeping, and that's the problem. They are mindful of the need to sleep, but aren't always able to follow-through. Turns out I was ahead of my time.

I know for myself, my challenges with sleep are tied to a brain that just won't take a hint to shut off. I spend my evenings going through conversations I had, choices I made, and an upcoming calendar of events I really have no control over until the morning anyway. Challenges for sleep are elevated when something is pressing the next day, like a deadline or a confrontation I am planning for. You know, the types of things you want to be well-rested for. Joke's on me. Thanks a lot, brain.

The best advice this terrible sleeper can give to fellow terrible sleepers, is to find something that resembles a routine before you hit the hay. No screen time at least an hour before bed. Some exercise and fresh air sprinkled throughout the day. A journal to pour your thoughts into so they're not scrambling in your brain all night. Swap out the wine for a warm tea. And keep a consistent bedtime, at least to the best of your ability. If you have the option, therapy also helps, so that you have the tools in place to recognize what you are able to control, and what you are not. Do I do all these things? Absolutely not. But I will admit that when I do, I feel like a million bucks. Yet, as a Millennial, sometimes life gets in the way, and that's okay.

Life is busy, but sleep is self-care. So make yourself some sleepytime tea, and catch those z's. Tomorrow is a new day.

Top 10 reasons for avoiding family day gatherings

STEVE GALEA
Humour Columnist

FAMILY DAY is great in theory. But sometimes it preferable to keep a little distance from the family day gatherings. Here are the top 10 reasons why.

1. Your aunt who pinches all your cheeks.
2. You owe them too much money.
3. The sing-a-longs. The dreadful sing-alongs….
4. Just showing up puts you at risk of being cancelled.
5. Dad is running for President again.
6. Two cousins just graduated from medical school. You just got fired from fast food place.
7. You still owe alimony and child support.
8. You are 32 and your Uncle still insists you sit on his lap.
9. They want to gather as a family – but in a convoy and drive to Ottawa.
10. This year, they're doing DNA tests.

The whispers

There's stir in the saplings
The feeders, the breezes
There's stir in the water
No longer so still
When chickadee changes
Her vigour, her flutter
When chickadee dashes
Her song has a frill

Each bird, every tree branch
Is swelling with something
Each bird, every creature
Knows change holds goodwill
Though lake is still frozen
The ice has a rumble
Though lake softens slowly
It sleeps on a thrill

All painters are restless
Their colour's returning
All painters buy paper
With brushes to fill
Musicians tune favourites
Their banjos, pianos
Musicians warm fingers
New jigs to instil

Seems spring wants attention
It whispers, it's winking
Seems spring wishes entrance
Despite starry chill
But evening comes later
And sun dawdles longer
But evening drops gently
There's green on the hill

Deborah J Reed

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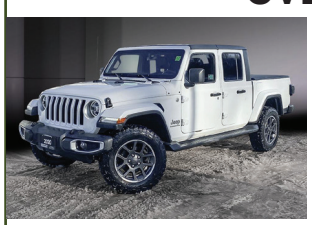
2020 JEEP GLADIATOR OVERLAND

H23-025A



$395
Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

73,380kms
Leather, Heated Seats, Nav, LED Lights

$46,998
+ HST & Licensing

2018 JEEP GRAND CHEROKEE HIGH ALTITUDE

H19-910AAA

$337
Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

76,092kms
Cooled Seats, Panoramic Sunroof, Air Susp

$39,998
+ HST & Licensing

2018 RAM 2500 LARAMIE LONGHORN

H18-909A

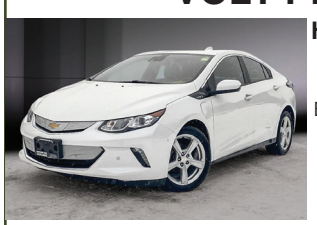
$545
Bi-Weekly Taxes-In @ 8.99% APR, 84 Months

72,070kms
6.7L Diesel, 5th Wheel Prep, Cooled/Heated Seats

$64,900
+ HST & Licensing

2018 CHEVROLET VOLT PREMIER

H22-066AAA



$262
Bi-Weekly Taxes-In @ 8.99% APR, 60 Months

104,896kms
Plug-In Hybrid, Leather/Heated Seats, Navigation

$30,998
+ HST & Licensing

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incineratingtoilets.ca
info@incineratingtoilets.ca

Legion Events

Branch 129 Haliburton

Mondays: Bridge every Monday at 1 p.m. Schofield Room.
Tuesdays: League darts starting at 7 p.m. Haliburton Army Cadets practice 6:30 to 9 p.m. (Sept to June)
Wednesdays:
Bid Euchre 1 p.m. start – Main Hall.
Bingo doors open at 6 p.m.
Bingo starts at 7 p.m. $500 Jackpot
Thursdays: General Meeting third Thursday of the month, starting at 7 p.m. All members urged to attend.
Ladies Auxiliary last Thursday of the month at 1 p.m.
Fridays: Meat draw has five draws, five prizes each draw, first draw at 4:30 p.m., last draw at 6:30 p.m. Tickets are $2 per draw. Ed Pickard, MC.
Friday fun darts from 4:30 p.m. and onwards.
Saturdays: 50/50 Draw 4 p.m. draw – tickets are $1 each available in the Clubroom.
Whether you're planning a function for 10 or 200, for more information call the Legion today at 705-457-2571, email rcll129@outlook.com or visit haliburtonlegion.com. Come on out and support Haliburton Legion Branch 129 ... everyone is welcome!
Club room hours: Mon. 3 to 6 p.m., Tues. 3 to 9 p.m., Wed/Thurs. 3 to 6 p.m. Fri. 3 to 7 p.m. and Sat. 3 to 6 p.m.

Branch 636 Minden

Lunch - Monday to Friday
Monday: Rug Hookers every second week. Bid Euchre 1 to 3 p.m.
Tuesday: Food 5 p.m. Canoe FM Bingo 6 p.m.
Thursday: Cribbage 1 to 3 p.m., Darts 7 to 9 p.m. and Euchre 7 to 9 p.m.
Every other Friday: Karaoke 8 to 11 p.m.
Friday Fish & Chips & Wings. Lunch 11a.m. to 2 p.m. and Dinner 4 to 7 p.m.
Every other Friday Karaoke 8 to 11 p.m.
Saturday All Day Breakfast 9 a.m. to 2 p.m. with three Meat draws at 11 a.m.
Call ahead any day for take-out: 705-286-4541
Schedules are subject to change without notice. Check our Facebook page Minden Legion Branch 636 for more info.

Wilberforce

Feb. 23: 1 to 6 p.m. HHHS Social Rec. 10 a.m. to 1p.m. Exercise, craft and games
Feb. 24: 2 to 9 p.m. Diners Club 12 p.m. Contact Denise Butler 705-448-8865 to book and $15/person. Pool 2 p.m. Wing night & Jam session 5 to 8 p.m.
Feb. 25: 2 to 6 p.m. Meat draw 3 p.m. Ken MacFarland Ice fishing derby Register before 9 p.m. Feb. 24 at the Legion or before 10 a.m.Wilberforce Gas Station, Feb. 25.
Feb. 26-28: Closed
Mar. 1: Open 2 to 6 p.m. Darts 2 p.m. Everyone welcome!
If you are planning a function for social or other event providing our guidelines/ conditions are met, please feel free to contact us at 705-448-2221.
Friday dinners are in jeopardy due to lack of volunteers. Please reach out ASAP if you want to help. Young people come out and show the elders how it's done!!

Apparition

Clouds plowing furrows across the plain of Sky,
the vein of black River, bleeding below, seeping through its skin of ice,
Snow, blanketing the banks on either side, as I follow boot prints down to the River's edge,
the water, thick as ink, reflecting the scribbles of trees, fringing the River,
their stillness, slowing my thudding Heart, as I squint at the white fleck floating along the River,
small as the snowball I squeeze in my hand, wondering whether it's litter, or some remnants of debris,
the clump of white, gliding, silent as light, along the glass surface of River,
its shape, changing, the snowball sprouting feathers, its neck, curving like a question mark,
its wings, tucked into its sides, as the swan glides along the piece of River, not sheathed in ice,
appearing, as if, out of the ether, this winter apparition,
its whiteness a contrast against the starkness of River and Sky,
floating alone, along the water, silent and serene,
a smile widening across my face, slinking down into my belly, and for a moment, the rope of memory
tugs me back to another time, another place, where a flock of swans bickered in the water,
their grace, shattered by their shrieks, that erupted across the River,
a pair, pecking at one another with their beaks, their feet scrabbling beneath the surface,
another swan, scratching itself in places I can't reach, a throng of humans, snapping pictures of them
from the riverbank, capturing the chaos before the swans retreated back into serenity again,
as if their feathers had never been ruffled, as if their squawks had never pockmarked Air,
their necks, curved, in sculpted elegance, again, as they glided off along the River,
silent as the light stroking their feathers, and I watched 'till the cloud floated out of sight,
the crowd of humans scattering along the riverbank, seeking new distractions to capture.
I watch as the swan floats past, its feathers whiter than Snow, wishing I could see its feet,
paddling beneath the surface, in all that blackness and cold.
I wonder where it's drifting towards, what it's left behind, as I watch it blur into a snowball again,
as it approaches the bridge, this winter apparition, appearing and disappearing,
like the white pebble of Sun behind a stone wall of clouds,
this glimpse of light, stilling the quiver of my Heart,
a quiet knowing, trying to rise to the surface,
like a sliver of River, seeping through its skin of ice.

Sylvie Kalenda

Sunlight bursts through a wintry forest. /Submitted by Jill Moulton

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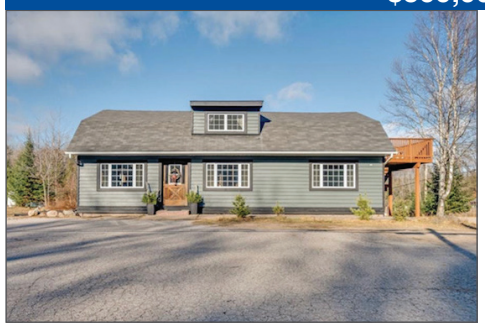

This fantastic corner property is commercial/ residential zoned that offers prime visibility for maximum exposure. Work, live and play under the same roof.

Cheryl Bolger
Sales Representative
705-306-9450
cheryl@haliburtongoldgroup.com
GOLD GROUP

ONE OF A KIND $1,099,000

This cottage or home sits on 1.2 acres nestled in the trees across from scenic Loon Lake. It exudes warmth with timberframe details, quality finishes and unique touches. Outside offers extensive, professional landscaping that includes flagstone walkways and steps, a stone archway, a covered bbq area. BONUS: a dream 1,750 sq ft heated workshop, Don't miss this one!

Terry Carr & Drew Staniforth
Sales Representatives
705-935-1011
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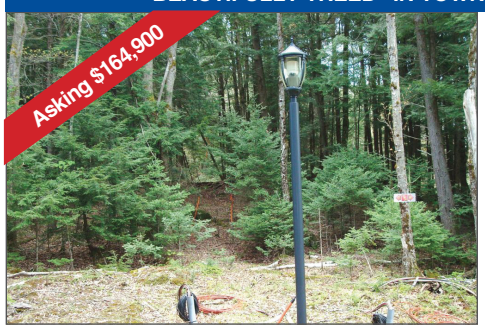
BEAUTIFULLY TREED "IN TOWN" VACANT BUILDING LOT



- Located on Lakeview Street (formerly North St)
- Quiet dead end street
- Underground hydro & street lanterns
- All new homes within last 10 yrs, most less than 5 yrs
- 127' on the road, 239' deep

Vince Duchene
Broker
705-457-0046
www.vinceduchene.ca

ESSON LAKE $749,900

- Pretty 2 bed/1 bath & lrg garage
- Premier lake & 3 miles of boating
- Open concept KT/LR/DR; great view
- Mostly updated some finishing to do
- Fantastic swimming, fishing, boating
- Terraced lot; east exp, private rd

Rick Forget
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705-457-0580
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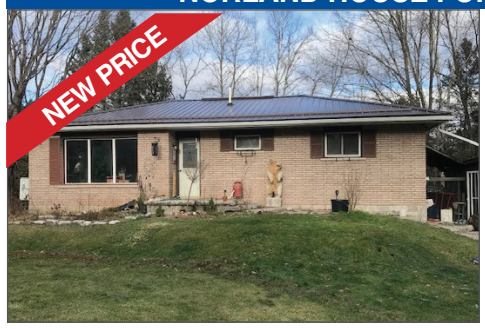


- Three + Two Bedrooms
- Two Bathrooms
- Two Driveways Private Setting
- Includes Vacant Lot next Door

Lynda Litwin
Sales Representative
705-457-8511
lynda@lyndalitwin.ca

HOUSE ON SOUTH LAKE $859,000

- 4 Season home or cottage minutes to Minden
- Level lot just under 1 acre
- 100 feet of water frontage
- 3 bedrooms & 1 bath on main floor
- Unfinished basement with walkout to lake

Kelly Mercer
Broker
705-455-7500
kelly@kelly-mercer.ca

MINDEN COMMERCIAL OPPORTUNITY $879,000.00

Property includes a two bedroom and three bedroom apartment; small business office, retail store, multiple storage units along with plenty of parking spaces. This property is already generating income. New roof Fall of 2022.

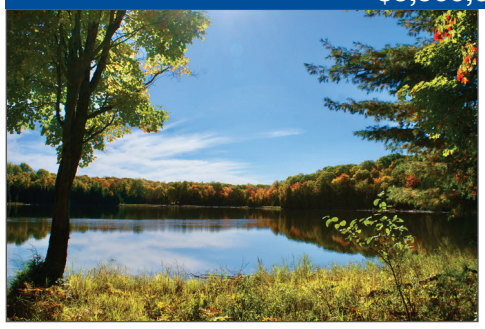
Lisa Mercer Broker
705-457-0364 • www.lisamercer.ca

1224 TOM BOLTON ROAD $525,000

1 1/2 storey home and hobby farm located on 12 picturesque acres centrally located between Minden and Haliburton - huge country kitchen and dining area - loads of pine cabinets - walk in pantry - living room and family combined - 3 bedrooms - 2 baths - 22 ft. x 48 ft. barn with hay loft - large shed - very private.

Ted Vasey
Sales Representative
705-455-2034
ted@tedvasey.ca

$5,500,000



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Chaga 101 - so mushroom to learn

EMILY STONEHOUSE
County Life Staff

Stephan Lukacic (@stevie_funfur on Instagram) is leading regular chaga courses based out of the Haliburton Highlands Museum for the duration of the winter months. /Photo submitted

If you go down to the woods today, you're in for a big surprise! While it may look like a regular brown lump on a tree, the local forests are rampant with chaga this time of year. "With these past couple cold snaps, this is the best time for people to start really learning about chaga," said foraging and outdoors educator Stephan Lukacic.

While Lukacic shared that you can really spot chaga any time of year, the winter months are the best for harvesting, based on the quality of the mushroom. "This is the best time of year, because the trees and fungus are both dormant," he said, "plus, when it rains, you lose a lot of the benefits of chaga, as the benefits are water-soluble."

Lukacic lights up when he shares the knowledge he has garnered over the years. He established an interest in the topic a few years ago, but noted that there were not any hyper-focused workshops on chaga. Through a wealth of self-discovery and an abundance of research, he now teaches these courses right here in the Haliburton Highlands. "The best part is that there's always more to learn," he chuckled.

While Lukacic is adamant about getting the word out there about chaga, including a very active social media presence and contributions to Outdoor Canada magazine, his passion lies in teaching others about chaga. "I just love teaching," he said, "it's my favourite part of all of this."

Chaga is a unique mushroom that grows throughout the region, and can often be spotted on tree trunks, with a particular liking to birch trees. When consumed properly, it has been known to stimulate the immune system, and carry an abundance of antioxidants. While the medical background is not in-depth at this time, it has been given to patients with heart disease and cancer; garnering positive impacts.

In the program, Lukacic strives to dig into the nitty-gritty of chaga medicinal uses, health benefits, best practices for harvesting, the preparation of teas, and more. "Sustainability is number one," Lukacic said, "I really want to educate people on ethical and sustainable practices."

The course is offered through Deep Roots Adventure, and hosted at the Haliburton Highlands Museum. "We are so lucky to add Chaga 101 to our roster of programs offered," said Corina Mansfield, owner and operator of Deep Roots, "there is so much to learn, and having it at the museum is great for everyone."

Lukacic agreed that the museum is a fantastic hub for community events. "It's super cozy, and fun to visit," he said. He noted that due to the options to work indoors or outdoors, the pace of the program can be dictated by the preferences of the group. "Sometimes we go outside to check out chaga on the trees, other times, the group prefers to stay in and sip on a hot cup of chaga tea while we go through the course," he said. "It's totally up to whatever they want to do."

Chaga 101 (and then some) is running on alternating Sundays until the end of March. To book your session, visit www.deeproots.ca. To learn more about chaga and the ins and outs of the course, you can follow Lukacic on social media @stevie_funfur.

Haliburton Highlands Land Trust

Protecting the land we love for future generations

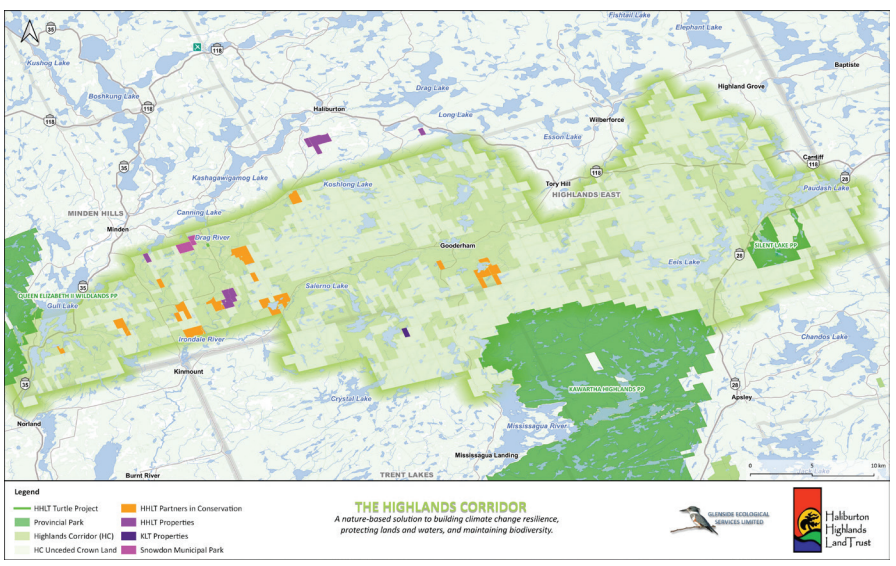
Come to a presentation to learn more about

The Highlands Corridor

and how you can help protect it.

Friday March 3rd at 7:00 p.m.
Admission free/Donations welcome!
Haliburton Outdoors Association's Fish Hatchery,
6712 Gelert Rd, Haliburton Register at
www.haliburtonlandtrust.ca or call 705-457-3700

Join Shelley Hunt, HHLT chair, and wildlife biologist, Paul Heaven, to learn more about the significance of the Highlands Corridor, HHLT's strategies for protection and how you can help. For more information go to www.highlandscorridor.ca



Learn about this wildlife corridor, a nature-based solution to building climate change resilience, protecting lands and waters, and maintaining biodiversity.

Skiing to success

Haliburton Highlands Secondary School students competed at the Lakefield Invitational Nordic Ski meet on Wednesday, Feb. 8 at Lakefield College School. To view results, visit zone4.ca/race/2023-02-08/8226e704/results. /Photos submitted by Karen Gervais

Be the bridge

Despite the return to packed arenas and auditoriums, and the shiny curated media feeds of our peers, many of us are feeling more alone than ever. It turns out the end of physical isolation didn't result in a return to normal, with compounded traumas, untreated anxiety, and increasing socioeconomic divides leaving many people feeling like they're stranded on an island without a bridge.

Youth in Ontario have been disproportionately impacted by mental health challenges and barriers to treatment. Evaluators at Point in Time Centre for Children, Youth and Parents have found youth are experiencing higher clinical distress rates than ever before. A spring 2022 survey by the Centre for Addiction and Mental Health found the majority of Ontario students were feeling depressed about the future because of the pandemic. That's a lot of kids – and a lot of caregivers!

Many would argue that it wouldn't be normal for us not to be anxious about the state of our surroundings; that heightened stresses are a perfectly natural response to a destabilizing social environment.

But that is all the more reason to know that you are not alone.

If you feel reluctant to reach out, remember that support and dialogue may mean different things to different people. There are more formal supports (caregiver support groups, clinical services, Quick Access Clinics) and informal supports (support from another caregiver, co-worker, or friend) and a spectrum in between. Many of us are in the rather painful process of re-defining what our support networks mean. There is no one size fits all, so keep searching if you're not happy with what you've found.

It's important to remember that turning to others is a sign of strength, not of weakness; and that amazing things can happen when we get out of our own way. Nurturing a friend or family member contributes to nurturing a neighbourhood, and without even knowing it, you can be that bridge too – simply by speaking and listening with an open heart with someone you trust. A helping hand for another caregiver, child, friend, or co-worker. Talking may not solve our loneliness crisis, but it is often the first brick in building the bridge.

If you are a caregiver or youth in need of support, you can call Point in Time offices at 705-457-5345 or email info@pointintime.ca to make a Quick Access appointment. The process is quick, easy, and confidential.

Submitted by Point in Time Centre for Children, Youth and Parents

Community Events

Send your event listing to classifieds@haliburtonpress.com

The Highlands Corridor:

A nature-based solution to building climate change resilience, protecting lands and waters, and maintaining biodiversity.
When: Friday, Mar 3 at 7 p.m.,
Where: Haliburton Outdoor Association's Fish Hatchery, 6712 Gelert Rd.,
What: Haliburton-Kawartha Lakes-Brock MP Laurie Scott will be at the Haliburton Outdoor Association's Fish Hatchery, as the Haliburton Highlands Land Trust (HHLT) introduces their exciting new initiative to protect the Highlands Corridor. Protecting the Highlands Corridor offers a nature-based solution to climate change resilience, protecting lands and waters, and maintaining biodiversity. Shelley Hunt, HHLT Chair, and Paul Heaven will present HHLT's strategies for protecting this valuable wildlife corridor.

TOPS: Take Off Pounds Sensibly

When: Monday mornings 9:30 to 11 a.m.
Where: Haliburton Legion Branch 129, upper level
Admission: Yearly membership of $59
A non-profit/commercial network of weight-loss support groups, offers programs for healthy living and weight management.

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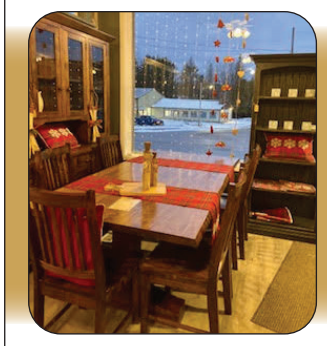

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Nature in your backyard

County Life welcomes photo submissions depicting life in the Highlands. Email vivian@ haliburtonpress.com. Please ensure images are high resolution - 200 dpi, 10 inches at its longest edge.

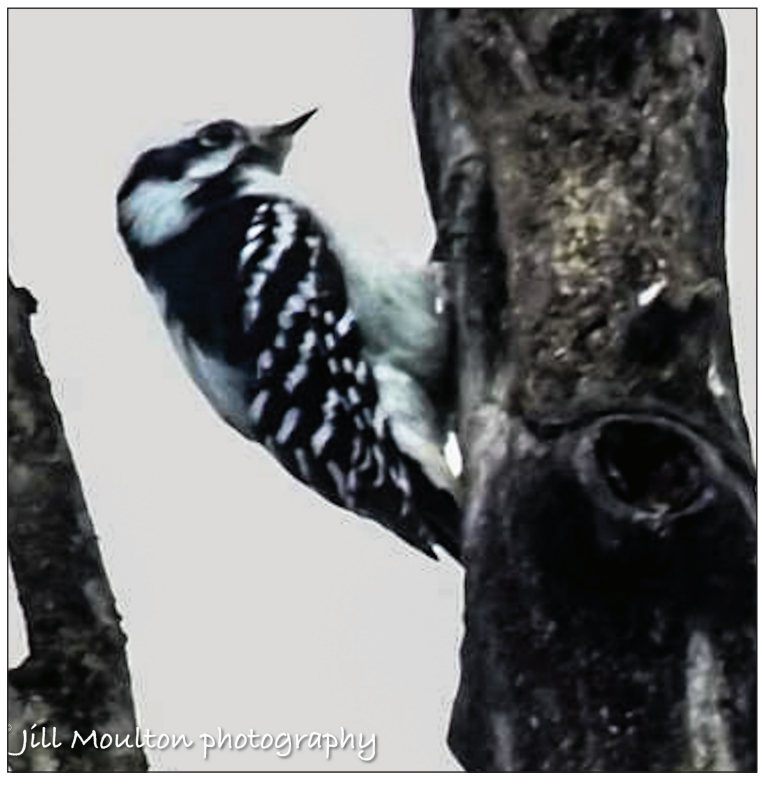
A chickadee sits on a branch. /Submitted by Jill Moulton

A fisher with a snowy nose. /Photo submitted by Tammy Nash

A close up of a curious raven. / Photo submitted by Tammy Nash

A deer hears its photographer. /Submitted by Tammy Nash

A Mourning Dove perches on a branch. /Submitted by Jill Moulton



A Downy woodpecker grips the trunk of a tree. /Submitted by Jill Moulton

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@HaliburtonEcho

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Housekeeping/Laundry - Full Time, Temporary, Contract
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Our Housekeeping and Laundry areas are managed with teams split between Housekeeping and Laundry.
Responsibilities include: cleaning of all buildings, accommodations, washrooms, shower facilities and common areas throughout the camp, including the turnover of living space throughout camp and overall upkeep of camp facilities. Cleaning and light maintenance duties include, but not limited to sweeping, mopping, cleaning, painting and replenishing supplies needed for showers and washrooms.

Grounds Keeping/Maintenance - Full Time, Temporary, Contract
Two positions available
Our Maintenance and Construction Team are managed with teams split between the Maintenance and Construction Team and Grounds Keeping.
Responsibilities include: keeping the grounds clean and clear of garbage and waste, grass cutting and leaf blowing, landscape maintenance, empty garbage receptacle, operation of front loader, painting, delivery wood for firepits. Sundry duties as assigned. Manual labour or construction experience will be an asset.
Expected Start date: Spring 2023
Candidates will be cross-trained and or assigned to areas based on existing skills and previous work experience. Candidates must enjoy working outside. A typical work week is 40 hours with potential for overtime. Willing to take required government safety certifications such as WHMIS. Able to support a positive team environment.
Salary: Housekeeping / Laundry or Grounds Keeping: $17.50 - $19.50 per hour based on experience.
Maintenance with construction/building experience: $25.00 and up.
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Olympic fun

Jeremy Huffman flashes an Olympic-sized grin during competition Wednesday morning at Wilberforce Public School. The entire student body was involved in a week and a half long celebration of the Olympic spirit. For more photographs of the fun and games see page 19.

Balloons will be flying

The sound of snowmobiles and a colourful trail of helium filled balloons will be seen this coming weekend in the Highlands as the Scenic Highway 35 Association presents their annual Snowmobile Balloon Run.

This is the third year for the balloon run, a fun event that enables participants to win prizes from area merchants. The total prize pool is estimated at over $3000. The cost to take part is $3.

Participants receive a list of participating business upon registering. the object is to visit as many of the merchants along the Scenic Highway 35 corridor as possible before 5 p.m. on Saturday. At each stop the snowmobile rider will receive a helium filled balloon inside which is a note indicating the prize. The rider collects as many balloons as he or she wishes during the day, however the prizes contained in the balloons are not his to claim until he withdraws from the event. At that time, in the presence of one of the participating merchants, he breaks the balloons to discover the prizes he has won. The challenge lies in transporting the balloons from stop to stop along the route without breaking them.

The event will be using groomed Haliburton County Snowmobile Association trails and registration in the balloon run will provide non-members access to those trails along Highway 35.

The balloon run will be capped by a dance Saturday evening at the Stanhope Firefighters' Hall on Northshore Road. Music will be provided by the Porcupine Lumber Company. Admission for this licenced event is $7.

For more information on the February 27 Scenic Highway 35 Association's annual Balloon Run, contact any member of the association, or call the Haliburton Highlands Chamber of Commerce.

Snowmobile enthusiasts from throughout Ontario and beyond converged on Haliburton this past weekend for the first annual Yamafest. The weekend of activities included a dance, featuring Blue Rodeo, a host of snowmobile activities Saturday and Sunday, a pancake breakfast and the Royal Canadian Legion International Dart Tournament. For more photographs of the weekend's activities, please turn to page 14.

Up to 220 tons of garbage generated each day

County plans waste study

An effective long-term approach to the management of the tons of household garbage generated in Haliburton County each day will result if the municipalities endorse a proposal from the county's Environment Committee.

Committee chairman William Howe urged members of county council to seek support from their municipal counterparts for a county-wide waste management study. Introducing the proposal at last Wednesday's county council meeting, Howe said it is vital that every municipality supports the action or it could all fall apart.

When the county struck its committees for 1988, it pledged to give the issue of waste management a very high profile for the year. Steering committee chairman Murray Fearrey called it "the issue" for 1988. This move to initiate a county-wide study is the first step in addressing a very serious situation.

Presently, waste management is controlled at the municipal level with each municipality maintaining its own landfill sites. However, the committee believes that a county-wide system could be more efficient.

Under the Municipal Act, municipalities have the authority to deal with all aspects of waste management. This is why the unanimous support from all Haliburton Municipalities is necessary to implement a county-wide agreement.

Howe said he is confident the local municipalities will support the plan. "We have to get together as a county council and forget (municipal) boundaries," he told his fellow county council members. He said his greatest fear is that one municipality will consider its landfill capacities to be good and vote against participation.

This kind of logic might be all right in the short term, but "we have to think beyond tomorrow on this," said Howe. Eventually every municipality has to deal with the limited life spans of their landfill sites. And with growing public awareness of environmental concerns, efforts to establish new sites are costly and time consuming.

Howe provided some surprising information to illustrate how quickly these landfill sites can be filled. He said the average person generates two kilograms of garbage each day. With a population of 11,000 people in the Highlands, that amounts to 22,000 kg of garbage filling the dumps every day. In addition, the summer population of the Highlands grows to about 100,000 increasing the garbage generated to 200,000 kg or 220 tons, per day.

In many Ontario municipalities, the waste management situation has reached crisis proportions. The process of establishing new landfill sites and meeting environmental approval takes years and costs more than many can afford. In the meantime, the present sites are filling beyond capacity.

A 1983 Masterplan for waste

(more on page 3)

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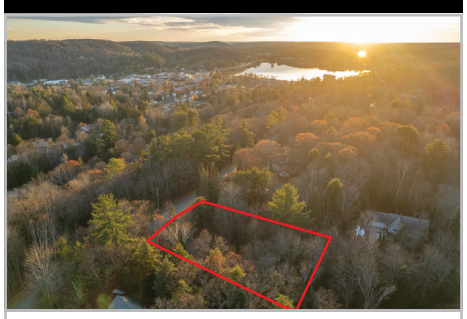

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